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Monday, May 9, 2011
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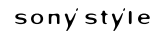
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A CLOSER LOOK AT
TRUSTED CAREGIVERS
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PUNCHLINE**
SEINFELD'S ACT TAKES
NEW FORM {page 9}



REUNION
X MARKS THE
SPOT FOR PAULA
DISH {page 10}



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News worth sharing.

Lake Banook. Trials



► Joel Castonguay and Christopher Vincent paddle their way to first place in the junior men C-2 1,000-metre category at the National Team Trials on Lake Banook yesterday.

RYAN TAPLIN/METRO

Race for first place

Centre support below 50%: Poll

► An outdoor sports stadium is a bigger need for the region, a survey of HRM residents finds ► A different poll by Corporate Research Associates in March had convention centre support at 58 per cent



ALY THOMSON
HALIFAX@METRONews.ca

A majority of Haligonians say we need a new outdoor sports stadium, a poll reveals.

The same can't be said for the convention centre.

The CityThink survey, conducted by Bristol Omnifacts Research for Metro Halifax and the Greater Halifax Partnership, shows more residents oppose the proposed development of a new downtown convention centre than support it.

Thirty-six per cent of people said they disagree when asked if HRM needs a new, larger, upgraded convention centre, with another 16 per cent completely disagreeing. That compares with 33 per cent who agree and nine per cent who completely agree.

"I'm speculating here, but maybe people see it as more of a

Survey

The CityThink survey polled 600 people in HRM from April 13 to 23. It carries a margin of error of four per cent, 19 times out of 20.

52% The total percentage of people who either disagree or completely disagree that Halifax needs a new convention centre

business thing. People believe it's not something that the general public is going to use, like a stadium," said Craig Wight, senior vice-president of Bristol Omnifacts Research.

Fred Morley, executive vice-president of the Greater Halifax Partnership, said support for the proposed centre is reflective of residents' misunderstanding of the project.

"I don't think the convention

centre and the need for the rejuvenation of the downtown core have connected in people's head yet," he said. "The downtown of any city is the showroom of that city. What you see is creating first and lasting impressions.

"This is an opportunity to do that."

Sixty per cent of residents either agree or completely agree with HRM's need for an outdoor stadium. Morley said this idea has caught people's attention because "they can see themselves using it."

Scott Ferguson, Trade Centre Ltd.'s president and CEO, said Halifax needs the convention centre.

"The convention centre project has been ongoing for a number of years and in my view, there has been a tremendous amount of analysis and research. I'm very optimistic that positive decisions have been made," he said.

MORE COVERAGE, PAGE 3



LASIK MYTH #2

"LASIK doesn't treat astigmatism"

LASIK FACT

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news

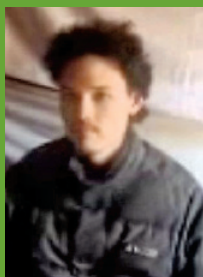
Car dealers, chiropractors and a "country gentleman": New crop of MPs are a diverse bunch. Scan the code for the story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

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3 The codes will direct your mobile browser to m.metronews.ca

On the web at metronews.ca



Government officials remain tightlipped after the Taliban releases video of a missing Toronto man. Video at metronews.ca

Follow us on Twitter @metrohalifax

Metallica details to be released this morning

By the time you are reading this, there's a very good chance the Metallica show for Halifax will be officially confirmed.

An official announcement on easily this summer's biggest music show for HRM was coming down early this morning, with Metro first learning last week that Metallica will indeed headline a

Hot tickets

► For complete details on this morning's announcement, including ticket prices and opening acts, visit metronews.ca after 6 a.m.

show on Garrison Grounds of Citadel Hill on July 14.

● PHILIP CROUCHER

More shots fired in HRM

► Over past two months HRM has been hit with a rash of shootings



ALEX BOULIER
@METRONEWS.CA

Halifax's recent spate of gun crime continued over the weekend with four shootings.

Halifax Regional Police were called to the 3000 block of Romans Avenue just after 10 a.m. yesterday, after a woman found a bullet hole in her door.

Police don't believe the act was random.

"Time frame is about the only thing (investigators) have, because the complainant has no idea of suspects, vehicles or anything," said Staff Sgt. Barb Saunders.

Police say neighbours heard what was believed to be a gunshot sometime between 10 and 11:30 p.m. Saturday.

Saunders said there

was little indication the shooting was connected to three other incidents on Saturday.

At 3:40 a.m., police responded to the QEII Health Sciences Centre after receiving a call concerning a 17-year old boy with a gunshot wound to his leg.

About an hour later, Halifax RCMP were on the scene of a shooting in Timberlea as shots were fired at a home on Power Terrace.

Then just after 9:30 p.m. police were called to an apartment on Main Avenue in Fairview after a tenant said someone fired a gunshot into her ceiling.



For more local news stories: metronews.ca/halifax

Couple hit by BB gun shots at intersection

Halifax Regional Police say a man and woman were hit by shots from a BB gun Saturday as they stood at a busy intersection.

Police say the woman was hit in the face and the man in the shoulder at the corner of Oxford Street and Quinpool Road around 1:45 p.m. Both suffered minor injuries but didn't need

No suspects yet

► Police say there is no description of a vehicle or suspects.

medical treatment.

The woman told police she believes the shots were fired from a passing vehicle. **THE CANADIAN PRESS**

Alleged gas thieves arrested

Two alleged gas thieves were arrested in Cole Harbour early yesterday morning.

Halifax RCMP say they arrested two 18-year-old men in connection with several gas thefts from cars over the past two months.

In at least 12 incidents in Musquodoboit Harbour, Cole Harbour and Dartmouth, holes were drilled into the gas tanks of vehicles

and the gas was drained out. Sometime gas spilled when the holes were drilled or when the owner of the vehicle filled up and the gas spilled out of the tank.

Then yesterday morning, RCMP caught a break in the case. They credit an alert neighbour in Cole Harbour for noticing suspicious behaviour — he thought tires were being stolen — and

Possible charges

► Police say the two men will face several theft and mischief charges.

calling the police.

RCMP officers were quickly on scene and stopped a car, where they allegedly found several gas cans and tools inside.

● JENNIFER TAPLIN

Downtown. Makeover?



► Proposed developments to the Roy Building, pictured, and Discovery Centre sites will be back before council tomorrow.

TERRA COLLEGE/FOR METRO

Council to debate development plans

Developers have applied to build mixed-use commercial buildings on the two sites on Barrington Street. In April council gave first reading to the developments and agreed to set public hearings. Staff — which is recommending council approve the development agreements — will give presentations on both tomorrow.

News in brief

Police probe alleged assault

NO ARRESTS MADE. Police are investigating a sexual assault from early Friday morning where they say a 19-year-old woman was approached from behind by a man, who reached up her skirt and touched her.

The alleged incident took place on Sackville Street around 4:30 a.m. as the victim and a female friend were walking.

There have been no arrests. ● METRO

Summerville man turns himself in

ATTEMPTED MURDER CHARGE. A 47-year-old man is due in provincial

court today to face a charge of attempted murder after his father was badly injured.

RCMP say 47-year-old Robert Charles Rogers of Summerville turned himself in to police on Friday.

Police say 68-year-old Charles Norman Rogers remains in serious but stable condition in hospital with a chest injury following an incident at his home last Thursday.

THE CANADIAN PRESS

Thawing the parking ban

► Municipality needs 'common sense' legislation for parking ban issue: Sloane ► Close to 8,000 tickets were handed out this past winter



RYAN TAPLIN/METRO FILE

► Most HRM residents are against the overnight winter parking ban when it's not snowing, a new poll finds.



ALY THOMSON
HALIFAX@METRONEWS.CA

No snow, no ban.

That's the consensus of HRM residents regarding the controversial winter parking ban, according to a survey conducted by Bristol Omnifacts Research for Metro Halifax and the Greater Halifax Partnership.

Seventy-three per cent of Haligonians either support or strongly support the ban when it is snowing.

But another clear majority — 65 per cent — opposes

it when the white flakes are not falling from the sky.

This is not a shock to Downtown Halifax Coun. Dawn Sloane, who has been speaking out against the ban for several years.

"People see this as a cash cow," she said. "All they see is a money generator for the municipality. They don't see it for what it is."

Sloane said the poll results are reflective of the hundreds of calls she's received since the ban was reinstated in 2008.

"We're not asking to park on the street in any kind of weather pattern.

CityThink

- Today: City Issues
- Tomorrow: Municipal politics
- Wednesday: Crime and public safety
- Thursday: Economy
- Friday: Quality of life

We understand the roads have to be clear so people and plows can navigate them," said Sloane. "We need a common sense approach."

Craig Wight, senior vice-president of Bristol Omni-

facts Research, said the results are "pretty straightforward."

"If it's snowing people understand and if it's not snowing, I guess people sort of flip and say 'I have nowhere to park,'" he said with a laugh. "To me it's an annoyance to people that they can't park overnight when it's not snowing, but how would you deal with it otherwise?"

During this season's winter parking ban, 7,787 tickets were issued at \$50, which would increase to \$82.96 if not paid within 60 days.

City issue results

CityThink sampled 600 HRM residents between April 13 to 23. It carries a margin of error of four per cent, 19 times out of 20.

Thinking back over the past 12 months, how would you describe HRM's growth? Would you say HRM has grown a lot, some, a little or not at all?

Not at all — 13%
A little — 28%
Some — 38%
A lot — 18%

Do you completely agree, agree, disagree or completely disagree with the following statements:

HRM needs a new, larger, upgraded Convention Centre?

Completely disagree — 16%
Disagree — 36%
Agree — 33%
Completely agree — 9%
Neither agree nor disagree — 3%
Don't know — 2%

HRM needs an outdoor sports stadium to attract major sporting events like the FIFA world's women soccer tournament?

Completely disagree — 8%
Disagree — 26%
Agree — 44%
Completely agree — 16%
Neither agree nor disagree — 3%
Don't know — 2%

HRM needs to redevelop the YMCA on the corner of Sackville and South

Park streets?

Completely disagree — 3%
Disagree — 17%
Agree — 48%
Completely agree — 13%
Neither agree nor disagree — 7%
Don't know — 12%

Overall do you strongly support, support, oppose or strongly oppose:

• **The winter parking ban during snowfall?**
Strongly support — 19%
Support — 54%
Oppose — 15%
Strongly oppose — 5%

• **The winter parking ban when it is not snowing?**
Strongly support — 5%
Support — 24%
Oppose — 40%
Strongly oppose — 25%

• **The bridge toll increase for the MacKay and Macdonald bridges that happened on April 17**
Strongly support — 11%
Support — 50%
Oppose — 20%
Strongly oppose — 12%

• **Repairs to the MacKay bridge that will reduce the bridge to three lanes for approximately two years?**
Strongly support — 10%
Support — 61%
Oppose — 14%
Strongly oppose — 7%

● ALY THOMSON

PHILIP CROUCHER/METRO



► The Macdonald Bridge

Join your community in the fight against cancer.

Every year, friends, family and colleagues across Nova Scotia come together at the Canadian Cancer Society *Relay For Life* to celebrate cancer survivors, remember lost loved ones and fight back against cancer. We need you to join the fight too!

Register for your local *Relay For Life* at cancer.ca/relay

There are 22 *Relay For Life* events taking place across Nova Scotia in June. Your local HRM events are:

HALIFAX, JUNE 3
Halifax Commons

THE BAY (TANTALLON), JUNE 4
Sir John A MacDonald High School

EAST HANTS, JUNE 10
Enfield/Elmsdale District Lions Club

SACKVILLE, JUNE 10
Metropolitan Field

EASTERN SHORE, JUNE 17
Eastern Shore Community Centre, Musquodoboit Harbour

DARTMOUTH, JUNE 24
CFB Shearwater



celebrate remember fight back

Search for B.C. man continues

► Missing man's wife found after surviving seven weeks in wilderness
► She relied on snow and a small amount of trail mix, losing 30 pounds

Sheriff's deputies searched for the husband of a Penticton, B.C., woman who survived for seven weeks after they became stranded in remote mountains in Nevada, holding out hope that he could still be alive.

Rita Chretien, 56, told investigators she last saw Albert Chretien, 59, on March 22, when he set off for help on foot with a GPS unit three days after their van got stuck in mud on a national forest road in

Elko County.

While it seemed unlikely he could have survived all this time, Det. James Carpenter said crews were not yet ready to turn the rescue mission into a recovery operation.

Deputies from Nevada and Idaho's Owyhee County are searching the rugged river canyons and mountainsides along the north border of the Humboldt-Toiyabe National Forest. **THE CANADIAN PRESS**

Happy reunion

A B.C. woman missing for seven weeks spent Mother's Day with her family.

► Hospital officials in Idaho say she is "very upbeat" and doing well.

► A medical worker says she's managed to keep a small meal down.



► Rita Chretien

U.S. wants to speak to wives of bin Laden

The United States wants access to three widows of Osama bin Laden being held by Pakistani authorities to help answer questions about whether any officials knew the al-Qaida chief was living in the country, a U.S. official said.

Information from the three women left behind in the house after American commandos killed bin Laden could also reveal the day-to-day life of bin Laden, what he had done since the invasion of Afghanistan in 2001 and the workings of al-Qaida. Several children were taken into custody, some or all of them believed to be bin Laden's.

The Pakistani government has strongly denied it knew of bin Laden's whereabouts, but Western governments have long regarded Islamabad with suspicion. Its armed forces have historical links with Islamist militants, whom they used as proxies in Afghanistan and India.

U.S. commandos killed bin Laden and up to four others, including one of his sons, at the compound on April 29. They took bin Laden's body and quickly buried it at sea.

Pakistani officials have given little information about the identities of the women and children.

THE ASSOCIATED PRESS

New Quebec NDP MP shocked by win

The elusive newly elected New Democrat who made headlines for going to Las Vegas during the election campaign has finally given an interview.

Ruth Ellen Brosseau told a Quebec newspaper that her victory came as a shock but that she's excited about the opportunity.

Brosseau, who made headlines for taking a trip to Las Vegas during the campaign, admitted she has never been to her riding but said she is looking forward to visiting soon.

She also said she plans to quit her Ottawa bartending job and is trying to improve her French. The NDP also sent out an automated telephone message to residents in the riding.

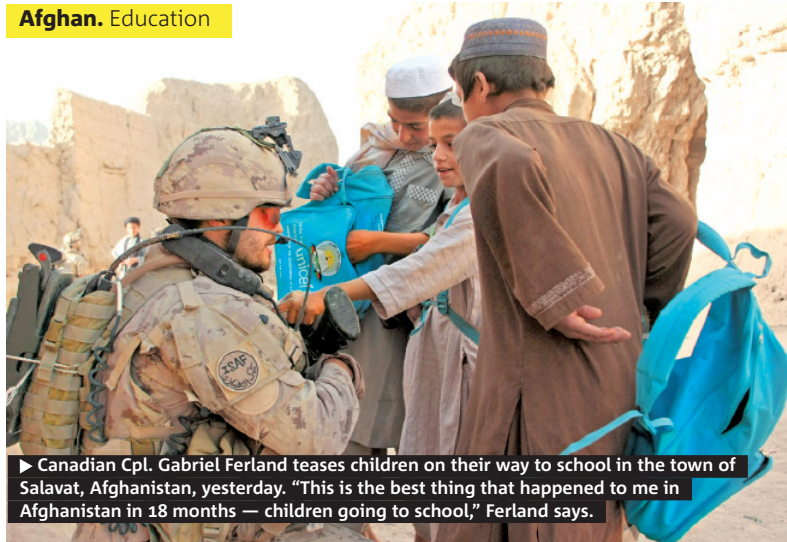
Speaking in rehearsed and passable French, Brosseau, who is a single mother, said she understands the challenges facing families.

"I will make sure voices of regular families like ours are heard loud and clear in the House of Commons," she said. **THE CANADIAN PRESS**

Hundreds of boys off to school

Not a single kid or teacher showed up when the eight-room school in Salavat, Afghanistan, opened about a month ago. "The insurgents told us, 'Don't go to the school. If you guys go, we will cut off your ears,'" says one boy. Now hundreds of boys are in class learning. The Taliban have long opposed secular education, arguing it corrupts the mind.

Afghan. Education



► Canadian Cpl. Gabriel Ferland teases children on their way to school in the town of Salavat, Afghanistan, yesterday. "This is the best thing that happened to me in Afghanistan in 18 months — children going to school," Ferland says.

COLIN PERKEL/THE CANADIAN PRESS

Video of Canadian captured by Taliban released

The Taliban is threatening to put a 26-year-old Toronto man on trial for espionage unless Canada meets its list of demands.

But the federal government is saying little about the threat or about a video released yesterday by the militant group that shows Colin Rutherford telling an off-screen interviewer that he had been travelling in Afghanistan as a tourist when he was

apprehended.

"Canadian officials are working with Afghan authorities to assist the family in securing the safe release of their loved one," Foreign Affairs spokesperson Lisa Monette wrote in an email.

Rutherford answers a series of questions on the video. He said he came to Afghanistan as a tourist.

He said he spent two days in the capital city of

Kabul before travelling to the eastern city of Ghazni.

"I was apprehended the second day after arriving in Ghazni," he said.

When asked about his religion, Rutherford said, "I don't have a religion. I am I guess what you'd call agnostic."

He denied working for the government.

The interviewer asked him: "How were you treated by the Taliban?"

Rutherford answered, "I was treated humanely," and the video ends.

"The evidence and documents found in (Rutherford's) possession had shown that he entered Afghanistan for spying purposes and was an active agent, gathering intelligence on the Taliban," said Taliban spokesperson Zabiullah Mujahid in a press release.

TORSTAR NEWS SERVICE



► An image from a video released yesterday by the Taliban shows Torontonian Colin Rutherford in captivity.

HANDOUT/THE CANADIAN PRESS

Religious riots in Egypt turn deadly

► Residents claim police are doing nothing to contain the violence

Relations between Egypt's Muslims and Christians degenerated to a new low yesterday after riots overnight left 12 people dead and a church burned.

The attack on the church was the latest sign of assertiveness by an extreme, ultraconservative movement of Muslims, known as Salafis, whose hostility toward Coptic Christians recently has been met with little interference from the country's military rulers.

Salafis have been blamed for other recent attacks on Christians and others they don't approve of. In one attack, a Christian man had an ear cut off for renting an apartment to a Muslim woman suspected of involvement

in prostitution.

The latest violence erupted late Saturday with Muslims and Christians pelting each other with stones in another part of Cairo.

The bloodshed began after news spread that a Christian woman who married a Muslim had been abducted and was being kept in a church. The report was never confirmed.

A large mob of Muslims moved toward the church and Christians created a human barricade around the building. Gunfire sounded across the neighbourhood, and witnesses said people on rooftops were firing into the crowd.

THE ASSOCIATED PRESS

► Firefighters tackle a blaze at a church surrounded by angry Muslims in the Imbaba neighbourhood in Cairo late Saturday. Christians and Muslims fought in the streets after news spread that a Christian woman who married a Muslim had been abducted and was being held against her will.



THE ASSOCIATED PRESS

Aircraft carriers take off in navies worldwide

Despite growing controversy about the cost and relevance of aircraft carriers, navies around the world are adding new ones to their inventories at a pace unseen since the Second World War.

The U.S. — with more carriers than all other nations combined — and established naval powers such as Britain, France and Russia are doing it. So are Brazil, India and China — which with Russia form the BRIC grouping of

emerging economic giants.

"The whole idea is about being able to project power," said Rear Admiral Philippe Coindreau, commander of the French navy task force that has led the air strikes on Libya since March 22.

"An aircraft carrier is perfectly suited to these kinds of conflicts, and this ship demonstrates it every day," he said in an interview aboard the French carrier Charles de Gaulle,



► France's flagship Charles de Gaulle aircraft carrier is seen in a file photo off the Libyan coast.

CHRISTOPHE ENA/THE ASSOCIATED PRESS FILE

which has been launching daily raids against Moammar Gadhafi's forces since the international intervention in the Libyan conflict began March 22.

The 42,000-ton nuclear-powered carrier has been joined in this task by another smaller ship, Italy's 14,000-ton Giuseppe Garibaldi. None of the U.S. Navy's supercarriers have been involved, despite American participation in the war's initial phase.

THE ASSOCIATED PRESS

Air power

- The U.S. Navy still operates 11 nuclear-powered carriers.
- The floating fortresses became the backbone of the U.S. sea power after the Second World War.
- Carriers are used by the U.S. in Korea, Vietnam, Iraq, Kosovo and Afghanistan.

Libya rebellion causing supply shortages

Cars sat abandoned in miles-long fuel lines, motorists traded angry screams with soldiers guarding gas stations, and many shops were closed yesterday on what should

have been a work day.

Residents in the Libyan capital are feeling the sting of shortages from uprising-related disruptions of supplies.

It's a dramatic sign of

how Libya's nearly three-month-old rebellion is affecting daily life in Moammar Gadhafi's stronghold and other western areas of Libya still under his rule. International

sanctions have begun to bite, many supply routes are unstable, and there are shortages of skilled people in some sectors to keep the city running smoothly.

THE ASSOCIATED PRESS

Gunfire rattles Syria

Gunfire in central Syria killed a 12-year-old boy yesterday as President Bashar Assad's autocratic regime expanded its crackdown on a seven-week uprising by sending

tanks to key areas, activists said.

The government disputes the civilian death toll and says about 100 soldiers have been killed.

THE ASSOCIATED PRESS

TIME TO TWEAK THE WAY WE VOTE

URBAN COMPASS

STEPHEN KIMBER
METRO HALIFAX



One last — I promise — look back in befuddlement to the results of last week's federal election.

If we are to believe the pundits — and who are we not to — Canada has just gone through a dramatic, head-shaking, concussion-making electoral realignment in which our national consensus has become far more conservative and the political centre has disappeared, leaving us with only a bipolar, left-right, take-it-or-leave-it choice.

In the process, the Conservatives have become our new Natural Governing Party (NGP), the Liberals and Bloc are wiped out, and the NDP is in the process of making itself over as a kind of leftish Permanent Opposition (POed).

"If 6,201 voters in the 14 most closely contested Conservative ridings in the country — none in Atlantic Canada; don't blame us — had voted a different way, Stephen Harper's unassailable majority would be yet another minority government."

And, yet, if we are to believe a couple of young Facebook buds with calculators, the real difference between all of the above and almost none of the above is actually 6,201 votes of the 14.7 million cast last Monday.

If 6,201 voters in the 14 most closely contested Conservative ridings in the country — none in Atlantic Canada; don't blame us — had voted a different way, Stephen Harper's unassailable majority would be yet another minority government.

"When one becomes aware of how easy it is for the intentions of the voters to become distorted," notes Matt Peters, who did that 'rithmetic, "it is hard not to conclude that some kind of electoral reform is needed."

Indeed.

If Peters' what-if history had happened, we would now be speculating — given that two million more Canadians voted against Harper than voted for him — on whether the man the pundits have seemingly anointed prime minister for life actually had a political future at all.

Or ... what if the Liberals had received the number of seats their percentage of the popular vote merited. They would have 58 MPs instead of 34, still nowhere near the 77 they started with, but more representative of their current level of voter support.

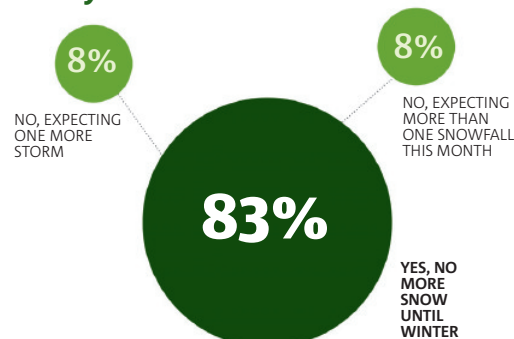
Representative of their level of voter support — what a concept!

Is there a rational reason why we are one of only four countries in the industrialized world that still employs an electoral system that allows a party chosen by a minority of voters to govern like it has just won the winner-take-all sweepstakes?



Register at
metrolifepanel.ca
and take the quick poll

Has your city seen the last snowfall of the year?



Local tweets



► @nkrzyzewski: I just saw someone who

resembled ellen page on quinquennial.

► @christofow: I love being in #Halifax, but I wish I could import some #Toronto weather and transit.

► @KellenBarrett: It would appear I had forgot how temperamental the weather is in Nova Scotia.

► @RamblingDave: Couple at airport married for 68 years. 10 times she said, "He's from Nova Scotia." Every time he corrected, "Cape Breton."

► @DanielDavid1973: Metallica is going to play in Halifax ... Now we will rock in Nova Scotia

► @joan_why: Don't forget to say happy mothers day to your grandmother too, if it wasn't for her u wouldn't be here either :)

► @itshellafoe: Happy mother's day. Thank you for doing the hardest job in the world by any means necessary. You work so hard.

► @nalinim: The best way to honour women is to acknowledge their work, esp the caring tasks that are (inadequately) deemed to be of no economic value

Worth mentioning

AMSTERDAM, NETHERLANDS. Denmark earns the biggest share of its national revenue from producing windmills and other clean technologies, the United States is rapidly expanding its clean-tech sector, but no country can match China's pace of growth, according to a new report obtained by The Associated Press.

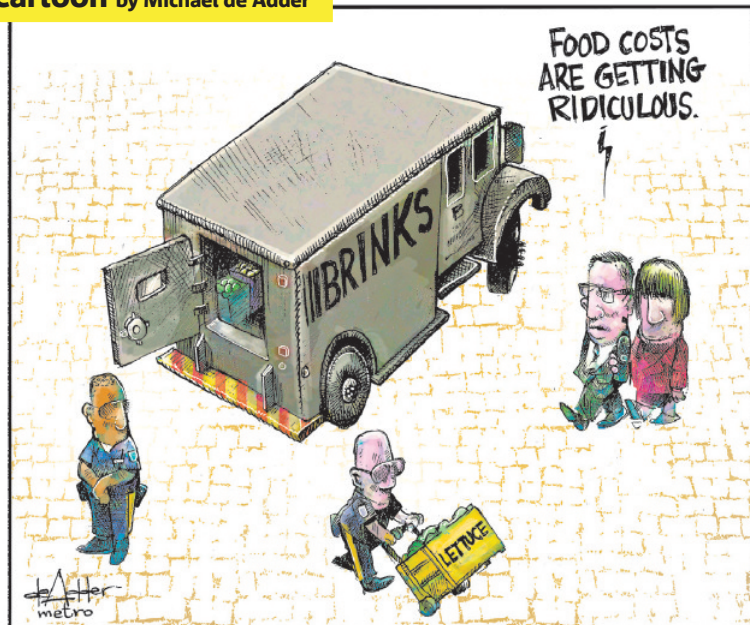
China's production of green technologies has grown by a remarkable 77 per cent per year, according to the report, which was commissioned by the World Wildlife Fund for Nature and which will be unveiled today at an industry conference in Amsterdam.

Denmark derives 3.1 per cent of its gross domestic product from renewable energy technology and energy efficiency, or about \$9.4 billion US, the report said. China is the largest producer in money terms, earning more than \$64 billion, or 1.4 per cent of its gross domestic product.

The U.S. ranks 17th in the production of clean technologies with 0.3 per cent of GDP, or \$45 billion.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

**I do, I do, I do,
I do, I do, I do,
I do, I do ...**

About 350 couples in Bolivia were married according to Indian customs and traditions in a colourful Andean mass wedding with President Evo Morales presiding as best man.

Saturday's ceremony was held at a colosseum in La Paz, the capital, that was adorned with large white flowers and indigenous ban-

ners. Several bands serenaded the couples.

Indian religious leaders presided over the wedding as did symbolically Pachamama — the earth deity of the Aymara and Quechua races of Bolivia's highlands Indians.

And Morales gave a speech to the couples, who crowded the arena's floor wearing multicoloured native ponchos and hats.

Before the ceremony, each couple married in a civil ceremony.

THE ASSOCIATED PRESS



Traders eye U.S. economy





Also focused on Canadian company earnings, seen as bellwether of economic health, ongoing recovery

After a steep decline last week that saw the Toronto stock exchange lose most of its gains since the start of the year, investors are expected to cast a wary eye on this week's U.S. economic reports.

Among the numbers coming out will be April figures on retail sales and consumer confidence, all of which will point to how the world's largest economy is faring in the second quarter.

Traders will also be focused on first-quarter reports from Canadian companies, including Tim Hortons, Lundin Mining, Iamgold Corp. and Cana-

Market moment

TSX	Dollar
	
+ 111.2 (13,566.6)	+ 0.13¢ (103.41¢ US)
Oil	Natural gas 1,000 cu ft
	
-\$2.62 US (\$97.18 US)	\$4.297 US (- 3.4¢ US) Gold contracts \$1,491.60 US (+ \$10.20 US)

an Tire. Their earnings will be scrutinized for signs of how the Canadian econo-

my is faring.

About half of the 248 companies that make up the TSX composite index have reported earnings so far this season. A majority, 39 out of 69, beat expectations, with 23 missing.

"It's certainly positive, but I find that the big picture is really the overall sentiment," said Jennifer Dowty, portfolio manager for Manulife Asset Management. "You can have a company that reports reasonable numbers, but if the whole market is in a downdraft and no one wants to step in and buy, the upside potential may be capped." **THE CANADIAN PRESS**

Lost jobs regained: StatsCan

Canada's employment recovery is almost complete after a strong April added 58,300 new jobs, enough to finally lift full-time work back to pre-recession peaks.

The overall unemployment rate fell one-tenth of a point to 7.6 per cent, matching the lowest level

since the early months of the 2008 recession, when it peaked at 8.7 per cent. The weak spot was that most, 41,100, were part-time jobs.

Even so, the addition of 17,200 full-time employees was almost enough to match economists' expectations for all workers,

though total hours remained slightly under the pre-recession peak.

THE CANADIAN PRESS

City breakdown

Seasonally adjusted April unemployment rates for five major cities (previous month in parentheses):

- ▶ Halifax: 6.6 per cent (6.6 per cent)
- ▶ St. John's, N.L.: 5.7 (6.5)
- ▶ Montreal: 8.0 (8.1)
- ▶ Toronto: 8.5 (8.5)
- ▶ Vancouver: 8.4 (8.2)

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China.....1.9¢/min	Lebanon.....7.9¢/min	Trinidad.....4.9¢/min			
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Cuba.....89.9¢/min	Pakistan.....5.9¢/min	U.K.....2.9¢/min			
El Salvador.....9.9¢/min	Philippines.....11.9¢/min	Vietnam.....4.9¢/min			
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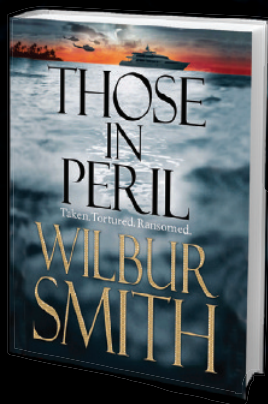
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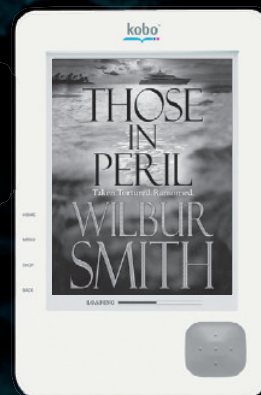
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Seinfeld discovers the world wide web

► Famous comedian decides it's time to get online ► Why now is the perfect time to launch his unique website — and it has nothing to do with flaunting his past fashion choices

DOROTHY ROBINSON
SCENE@METRONews.ca
METRO WORLD NEWS

Most working comedians know the importance of having a web presence to list upcoming events, promotional material, and hopefully develop a much-needed fan base. But when you're a comic on the level of Jerry Seinfeld, do you really need a way to promote yourself? Well, yes — just in a different way.

"I wanted a very restricted concept; I didn't want to have a site with like mugs t-shirts, concert dates. I find that annoying," he says about how his new site, jerryseinfeld.com, will be different. "I just couldn't wait any longer and I finally came up with an idea that I liked."

Instead, the site, which launched on Friday, is a repository of nearly every recorded comedy appearance from Seinfeld — a career that spans 36 years. One of Friday's introductory clips was from his first time on The Tonight Show Starring Johnny Carson in 1981 — posted 30 years to the day.

Seinfeld, who is very



► Jerry Seinfeld has launched a website, jerryseinfeld.com, that will have clips of his old performances.

hands-on with the site, felt it was important not to post all clips at once (there are more than 1,000). Rather, he will pick three a day to profile.

"I'm almost more proud of the fashion than I am of the comedy," he quips about digging deep into his archives. "My fashion

choices were so good, you are not even going to notice the clothes. In the '70s and '80s I look good — it's the '90s where my choices start to get questionable."

A comedian through and through — he shrugged off questions about acting in any new movies or TV shows ("act-

ing is for people who don't have anything to say") — he told us about sneaking into New York comedy clubs every few weeks to keep honing his act before he tours. In fact, one reason for launching jerryseinfeld.com is to attract a younger fan base.

"This site is really about

my attempt to cultivate the world of stand-up comedy with young people," he says with a slight Seinfeld-smirk. "The same way the skinheads and Klu Klux Klan do — you gotta get them indoctrinated young. So really, I'm taking a page from their book."

2

scene

Box Office



Thor smashed the competition at the box office with a \$66 million opening weekend. In second place was a holdover from last week, the car-racing sequel Fast Five from Universal Pictures. It made \$32.5 million for a total of nearly \$140 million in just 10 days.

THE ASSOCIATED PRESS



Bieber to record cyberbullying PSA to resolve charges in mall frenzy

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Paula and Simon reunite

► **Ex-American Idol judges will team up again for U.S. version of X Factor**

Paula Abdul is officially going back to work for Simon Cowell, as she recently closed a deal to serve as a judge on Cowell's American version of X Factor, according to the Hollywood Reporter.

Abdul joins fellow judges

Cowell, producer L.A. Reid and Cheryl Cole, who served as a judge on the U.K. version of the show.

The deal was reportedly signed just in time for Abdul to start work taping the show's judging rounds.

● METRO



► Paula Abdul and Simon Cowell

Jolie's biggest critics: Her kids

While she may be rich, famous and beautiful, Angelina Jolie certainly isn't without her insecurities — and her kids aren't helping.

The actress tells USA Today that, besides herself, her biggest critics are her six children.

"They'll sit in a room and say, 'That's just not funny,'" she says.

Jolie developed some new insecurities working on her latest film, Kung Fu Panda 2, since the work only called for her voice.

"You know, when you hear your own voice, you can find it quite boring and uninteresting," she explains. "Suddenly, you get very shy that your voice is not enough."

● METRO



► Angelina Jolie

Sheen tutors sons on ABCs

Despite yesterday being Mother's Day, Charlie Sheen had custody of his twin sons for the weekend, the first time he's seen them since a judge revoked his custody in March.

To celebrate, he decided to spend some quality time with the boys at ex-wife Brooke Mueller's expense, he tells TMZ. "I am teaching them words, because they're speaking now," Sheen says. "I'm teaching them the word 'rehab' so they always know where their mom is."

● METRO

LiLo not converting

Reports surfaced late last week that John Travolta was taking Gotti co-star Lindsay Lohan "under his wing," prompting rumours that the troubled starlet was considering becoming a Scientologist.

But sources close to the actress — who started her court-ordered community service over the weekend — insist the rumors are false, according to TMZ.

The sources say Lohan has no plans to join the controversial church and hasn't been invited to visit by any current members. Lohan reportedly has nothing against Scientology but was raised Catholic and plans to stay that way.

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► Lindsay Lohan



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Life as a hockey player took a drastic turn when 14-year-old Michael Rumsby from Cole Harbour, Nova Scotia, was diagnosed with a brain tumour. After undergoing chemotherapy, surgery and radiation, Michael learned the true meaning of courage and teamwork.

Meet Michael and other Maritime children cared for by the IWK Health Centre on the 27th annual IWK Telethon, June 4 and 5, on CTV.



June 4th and 5th, 2011

Celebrity tweets



"I have been told to wear something waterproof for my baby shower!!!! I'm now very nervous!!!!"



@victoriabeckham

"It's important to teach kids in their formative years that whatever they're feeling- DON'T TRUST IT"

@SarahKSilverman



@Karl_Lagerfeld

"Luxury is the ease of a t-shirt in a very expensive dress."



@tomhanks

"Book up for your summer reading from YOUR LOCAL BOOKSTORE."

Beckham in fender-bender

David Beckham was involved in a fender-bender on the freeway in L.A. over the weekend, according to People magazine.

"Mr. Beckham's black Cadillac SUV collided with the rear of a gold Mitsubishi in the carpool lane," a California Highway Patrol spokeswoman says.

The Mitsubishi was reportedly broken down in the carpool lane and not moving when the collision occurred.

The other driver was taken to a hospital to treat

minor neck pain, while Beckham and his 12-year-

old son, Brooklyn, were uninjured. ● METRO



► David Beckham



► Amy Richards poses for a picture with her sons Webber Sloan, 7, left, and Beckett Sloan, 5, on a fire escape at their apartment in New York. Richards is a feminist activist and author of *Opting In: Having a Child Without Losing Yourself*.

3

life

Pretty in Pink



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• METRO



Time to give up the baby bottle? Prolonged use associated with obesity: Study

The gender bender

- Today is Pink Toenail Day for families who promote modern interpretations of gender roles
- A controversial J. Crew ad inspired the day by celebrating a boy's love of the colour pink

If a girl wants to try her hand at baseball or ice hockey, she's likely to be praised as plucky. But if a boy likes the colour pink?



595559

Well, that's a toenail of a different colour.

Last month, J. Crew unleashed a furor when a promotion depicted its creative director, Jenna Lyons, painting her five-year-old son Beckett's toenails with pink nail polish.

"Lucky for me, I ended up with a boy whose favourite colour is pink," the caption read.

Dr. Keith Ablow, a psychiatrist and regular guest on Fox News, didn't approve.

"It may be fun and games now, Jenna, but at least put some money aside for psychotherapy for the kid," he wrote on Foxnews.com.

"This is a dramatic example of the way that our culture is being encouraged to abandon all trappings of gender identity."

"I try not to overemphasize masculinity and devalue femininity,"

AMY RICHARDS, FEMINIST AND AUTHOR

In fact, Lyons and her son had stepped on a cultural land mine. Gender stereotypes for America's children are less rigid than in the past, but they remain a pervasive part of popular culture and a benchmark for parents. Moreover, the

changes in recent decades have been more dramatic for girls than boys.

So Ablow quickly found support. One Million Moms, an offshoot of the conservative American Family Association, urged followers to write protest letters to J. Crew and asserted that "nontraditional activities ... can be destructive and damaging to a child's identity and self-esteem."

Just as quickly, there was a backlash from people who liked Beckett's pink toenails. Hundreds of people accepted a Facebook in-

itation to join "Pink Toenail Polish Day" on Monday, and Anne Fausto-Sterling, a professor of biology and gender studies at Brown University, urged Lyons' critics to "take a deep breath" and not worry if kids don't always fit a "cardboard cutout stereotype of gender roles."

"Kids explore, sample, test and learn," she wrote in a Psychology Today blog.

"They should have the freedom to do this and the strength to grow into interesting human beings."

THE ASSOCIATED PRESS

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Add Italian flavour to your life

► Try this Asian-Italian take on spinach, goat cheese and roasted pepper cannelloni

East and West combine for these cannelloni, which are made by rolling a very Italian-style filling of spinach, cheese, mushrooms and roasted red peppers in Asian-style egg roll wrappers.

Ricotta cheese combined with tangy goat cheese gives the filling some bite, but if you prefer you can use all ricotta for milder results.

Here we've called for jarred marinara sauce as a convenience, but by all means use homemade sauce if you have it.

Look for fresh egg roll wrappers in the produce aisle (often near the tofu) of most supermarkets, or purchase them at Asian specialty markets.

Preparation:

1 Spread 1/2 cup (125 mL) of the marinara sauce in bottom of 13 x 9 inch (3.5 L) baking dish; set aside.

2 In bowl, using a fork, mix together ricotta, goat cheese, parsley, basil and cornstarch until well combined. Season with salt and pepper.

3 Lay an egg roll wrapper on work surface. In a strip along one edge, spoon about 1/4 cup (60 mL) of the cheese mixture. Top with a bit of the spinach, roasted peppers and mushrooms.

4 Roll wrapper into a tube around the fillings, moistening the edge with water and pressing it firmly

Nutrition

Information per serving.

► 371 calories; 111 calories from fat (30 per cent of total calories); 12 g fat (7 g saturated; 0 g trans fats); 39 mg cholesterol; 44 g carbohydrate; 24 g protein; 4 g fibre; 1,437 mg sodium.

to seal. Transfer to prepared baking dish. Repeat with remaining wrappers and filling.

5 Pour remaining marinara over cannelloni, to cover completely. Bake in 375 F (190 C) oven for 30 minutes. Sprinkle with Parmesan and bake for 5 to 10 minutes until golden.

Ingredients :

- 3 cups (750 mL) jarred marinara sauce, divided
- 1 1/2 cups (375 mL) part-skim ricotta cheese
- 4 oz (125 g) soft goat cheese
- 2 tbsp (30 mL) chopped fresh flat-leaf parsley
- 2 tbsp (30 mL) chopped fresh basil
- 1 tbsp (15 mL) cornstarch
- Salt and pepper
- 10 egg roll wrappers (6-inch/15 cm)
- 1 1/2 cups (375 mL) baby spinach
- 1 jar (12 oz/340 mL) roasted red peppers, drained and cut into 1/2-inch/1 cm wide strips
- 10 small cremini mushrooms, thinly sliced
- 1/2 cup (125 mL) grated Parmesan cheese



► These cannelloni are made by rolling a very Italian filling of hearty spinach, cheese, mushrooms and roasted red peppers in Asian-style egg roll wrappers.

5 portions
Start to finish:
1 hour 15 min
Active:
30 min

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Making green moves

► Selecting eco-friendly moving companies and what services they offer



BEN KNIGHT
LIFE@METRONEWS.CA

Packing everything you own into boxes and moving from one home to another is one of the most chaotic, disruptive times in anybody's life. If ever there's a day to forget all about the environment, it's the day you move.

Intriguingly, Canada's

biggest and oldest moving companies don't agree. Mayflower Canada, United Van Lines and many others now offer helpful, inexpensive green options to help you tread softly on the planet while moving to your new home.

"Moving, historically, has not been anything that's been environmentally friendly," says Lisa Hulet, vice-president of

marketing for Mayflower Canada. "A lot of customers didn't know there were alternatives."

Mayflower launched its Go Green program late in 2009.

Their trucks don't idle and conserve gas by not speeding.

The company also offers a range of useful, eco-friendly services to make the process cleaner.

"Before the truck even arrives, the moving consultant would go into the customer's house and talk about what they need to move, and what stuff they don't want to move," Hulet explains.

"We have a partnership that can safely remove all your old electronics in an environmentally friendly manner."

Mayflower has forged an



alliance with disposal company 1-800-Got-Junk, for example, and 80 per cent of its pickups are recycled, or distributed to charities.

"It's about educating the consumer — and the

movers themselves — to offer more environmental best practices," Hulet notes. "For the customer, it's about educating them before the moving truck even comes to the door."



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Turning tragedy into triumph

Once struck by a roadside bomb in Iraq, reporter Bob Woodruff is ready to tell his story



TURNING POINT

TERESA KRUIZE
LIFE@METRONEWS.CA



There was a blinding flash of light and a loud explosion.

ABC news anchor Bob Woodruff's life changed in an instant. In Iraq to report on U.S. troops in 2006, Woodruff was in an armoured vehicle when a roadside bomb went off leaving him with serious head injuries.

In a medically induced coma for 36 days, the recovery was long and tortuous as he willed his damaged



brain to heal and struggled to speak again. Now back at work at ABC as a correspondent, Bob Woodruff is coming to Canada to tell his story at the Ability and Beyond Gala in aid of March of Dimes. "Recovery is a difficult

road but don't ever give up. Lives definitely change but sometimes for the better.

"If things don't work out the way you thought, find another way or use a different strategy. It's not easy. Just keep thinking and

planning."

I ask Mr. Woodruff for a final thought and the words come quickly from the man who has been to war and fought a personal medical battle.

"Never surrender."

Web. Kids

Keeping the kids connected with news

Want to keep your children aware of what is going on in the world around them?

A new children's website, gogonews.com, launched today that provides parents and educators with filtered, global news to keep kids informed.

The website provides breaking news as it happens, along with fun facts about people and places, brain teasers and puzzles, environmental lessons, and editorial picks for books, museums and toys.

It also filters out news stories that may not be appropriate for your child's age. ●METRO



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You Khan do it!

Accidental entrepreneur's mega-popular YouTube videos are shaking up a tired education system



Salman Khan's videos help to explain various areas of study in a quick and simplified manner.

It all started a few years ago with Salman Khan recording a series of primitive-looking web videos to help his cousins with some grade-school math problems.

Strangers began tuning into his educational videos on YouTube so he kept going and started creating videos that effectively explained the ins and outs of algebra, bacteria, cancer, deductive reasoning, embryonic stem cells and hundreds of other topics.

Now, Khan's more than

2,200 videos have been viewed on YouTube more than 52 million times and his non-profit website, the Khan Academy, has the backing of big names like Bill Gates and Google. The Bill and Melinda Gates Foundation has donated \$1.5 million, Google kicked in \$2 million and he gets advertising revenue through videos posted on YouTube.

Khan hasn't stopped - he spends most of his days working on new videos - and hopes his growing

project will be a disruptive force that shakes up the education system, forces innovation and maybe even gets the price of schooling to decrease. Perhaps even down to zero, or the cost of an Internet connection.

"My mindset back when I started was that I would really like to make something that would eventually be a resource on the web where anyone could learn anything," Khan explained in a recent interview.

"I envisioned it as something for individual learners or self-motivated learners, or maybe home-schoolers, then after a couple summer camps started to use it I thought, 'Wouldn't it be cool if this was like the operating system for a real school?'"

He believes the Khan Academy already offers a "pretty comprehensive" curriculum for math and science. "You could even get through the first few years of college with Khan Academy," he says.

THE CANADIAN PRESS

How to handle the home stretch

► Keeping kids on track in their final months of school is all about accomodation ► Bribes ain't gonna work



RICHARD WOODBURY
LIFE@METRONews.ca

With summer vacation visible and on the horizon, it can be tough for teens to maintain focus on their studies during the home stretch.

"It's a huge problem this time of year," says Judy Arnall, a speaker and best-selling author from Calgary. "The stretch between spring break or the Easter holidays and the end of June is probably the hardest one because the weather is getting nicer and kids want

to be outside more."

For parents looking to help their kids break out of this funk, Arnall says parents must show empathy and an understanding of what their kids are going through.

"The parent's role is to show empathy and to facilitate problem solving with their teens," she says.

This requires parents to be flexible and accommodating with what their teens feel they need to do to succeed.

Arnall also recommends parents map out a plan with their kids and break it down into small chunks so that what lies ahead doesn't seem so daunting.

Even if there are disappointing academic results, parents must continue to be encouraging.

"It's important for parents to be very positive, to really appreciate what the students have done right," says Mark Federman, an education speaker from Toronto.

He says it's common for parents to focus solely on the results of a test or paper and say things like work harder or study harder. He cautions that this is not the right approach.

"The student perceives this as punishment, even though the parent may intend it as encouragement,"

says Federman.

This is why he encourages parents to highlight the positives because it will help boost their teen's self-esteem.

One other possible way of motivating them is through offering incentives, but this isn't a great idea.

Arnall says it sets up an expectation and a sense of

entitlement Federman isn't a fan either.

"My philosophy is extrinsic motivators only work to a very limited degree because with carrots and

sticks, you inevitably need bigger sticks and sweeter carrots," he says. "It's a really bad habit for people to get into to providing these extrinsic motivators."

Active learning

For teens looking to regain focus, exercise is one way of getting it:

► "Exercise releases all those endorphins and hormones to the brain and does put people in a better mood," says Judy Arnall, a speaker and best-selling author.

► Whether it's a walk around the block or a game of soccer, it's important for teens to get exercise through their preferred activity.

► If teens can't focus while studying, they should take a break. Arnall says it will get their mind off the topic at hand and they will return to their studies with much clearer focus.

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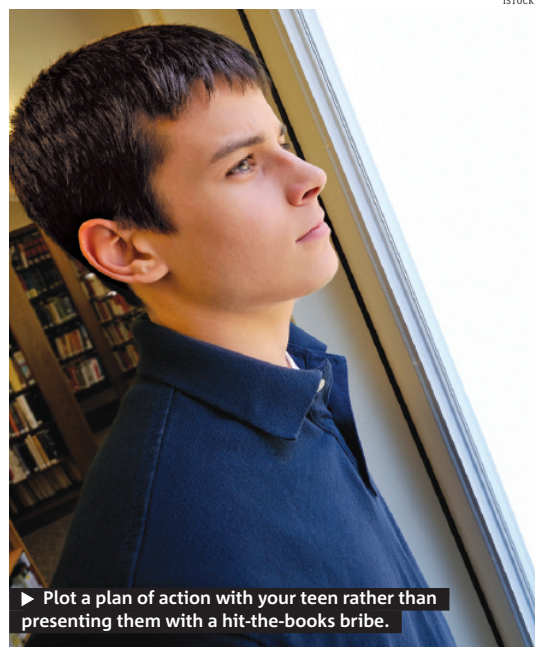
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metrohalifax NURSING WEEK

metronews.ca
MONDAY, MAY 9, 2011



Nursing week

- ▶ "Canada's registered nurses are over a quarter of a million strong," says Judith Shamian, president of the Canadian Nurses Association. "They are involved in every aspect of our health system — research, patient advocacy, health policy and administration, public health, prevention and management of chronic disease, rehabilitation and recovery, and, of course, the special kind of direct clinical care for which we are known best."
- ▶ **National Nursing Week** is held during the second week of May every year to celebrate Canadian nurses and their dedication to patient care and the health-care system. The purpose is to remind everyone of the many ways nurses contribute to the well-being of Canadians.
- ▶ **May 12**, which is Florence Nightingale's birthday, was designated International Nurses Day in 1971. Nightingale was a celebrated English nurse known for her pioneering efforts to reform the British military health system. May 12 is also recognized as Canada Health Day. ● METRO

NURSING

— THE HEALTH OF OUR NATION

Nurses, as the country's largest group of health-care providers, improve patient outcomes and offer cost-effective solutions that are leading the way in Canadian health care.

National Nursing Week is a time to celebrate their contribution to Canada.



NATIONAL NURSING WEEK

MAY 9-15, 2011



CANADIAN
NURSES
ASSOCIATION

cna-aiic.ca

Want to become a registered nurse?

▶ Metro checked in with the Canadian Nurses Association website to find out what's involved

Nursing offers men and women a wide range of opportunities for career challenges, travel, professional development and the personal satisfaction of working in a caring profession that helps people get well or stay healthy.

What kind of education do you need? In the Atlantic provinces, Ontario, Saskatchewan and B.C., new graduates are required to have a baccalaureate degree in nursing as their initial program. In all other provinces and territories, candidates have a choice of a diploma or a baccalaureate degree in nursing as their initial program.

For more information about nursing programs, visit the Canadian Association of Schools of Nursing at casn.ca or the Association of Community Colleges of Canada at accc.ca.

● METRO

Where to work

Where nurses work in the community:

- ▶ Health clinics
- ▶ Schools
- ▶ Wellness programs in the workplace
- ▶ Home care
- ▶ Family planning clinics
- ▶ Poison control centres
- ▶ Prenatal and baby clinics
- ▶ Rehabilitation centres
- ▶ AIDS hospices

Where nurses work in a hospital:

- ▶ Emergency
- ▶ Intensive care
- ▶ Operating room
- ▶ Maternity
- ▶ Cardiovascular (heart)
- ▶ Oncology (cancer)
- ▶ Psychiatry
- ▶ Pediatrics (children)
- ▶ Palliative (dying people)
- ▶ Geriatrics (seniors)

Associations

- ▶ Association of Registered Nurses of Newfoundland and Labrador
- ▶ Association of Registered Nurses of P.E.I.
- ▶ College of Registered Nurses of Nova Scotia
- ▶ Nurses Association of New Brunswick
- ▶ Ordre des infirmières et infirmiers du Québec
- ▶ Registered Nurses Association of Ontario
- ▶ College of Registered Nurses of Manitoba
- ▶ Saskatchewan Registered Nurses' Association
- ▶ College and Association of Registered Nurses of Alberta
- ▶ College of Registered Nurses of British Columbia
- ▶ Registered Nurses Association of the Northwest Territories and Nunavut
- ▶ Yukon Registered Nurses Association

Nurse is a disease detective

► Communicable disease nurse pieces puzzle together like CSI ► Boucher catches and contains more than 100 infectious diseases from salmonella to H1N1 ► No two days on the job are the same, according to Boucher



SHAINA LUCK
LIFE@METRONEWS.CA

Lisa Boucher is a disease detective. The communicable disease nurse from Halifax never knows what illness she'll be tracking down next in her work with the public health department. And, that is what fascinates her about her job.

"It's like CSI," she says. "You get little pieces of information and it's almost like putting a puzzle together to try to figure out."

Communicable disease nurses receive reports from doctors, who come across patients with diseases that, by law, must be reported to public health.

These diseases are always infectious and can spread from person-to-person. Boucher's job is to catch and contain the disease. That can be tricky because the doctor's report will only deal with one patient, and Boucher has to take the extra step of finding anyone else who might be infected.

"Often you start off with an individual case, and it ends up really snowballing," she says.

She gives the example of a salmonella case, where she would have to reconstruct the patient's history as far back as three weeks.

"What did they eat? Where did they eat? Who

did they eat with? Did they go to any community events, potlucks, showers?" she asks. Sometimes in tracing the patient's contacts, Boucher comes across an outbreak.

"All of a sudden we realize, 'Hey, we don't have one person — we have six people,'" she says.

Then it becomes her job to find every one of those people and make sure they have the proper vaccines.

"Time is very important because you really want to get in touch with people — an outbreak would be a priority," she says. "I can speak for all my colleagues when I say, when the outbreak season is over for flu, we're happy!"

Boucher handles diseases from Chlamydia and Hepatitis A to the flu and H1N1.

"I have to say it is a very fun job, because there's over 100 different reportable diseases, and so when I go in every day I really don't know what my day is going to look like," she says.

Boucher has been a nurse for almost 25 years, and has been with public health for the last eight. Of all the types of nursing she has done, this is her favourite. "There aren't ever any two days that are the same," she says. "It just really depends what's going on in the community."



► Lisa Boucher



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The College of Registered Nurses of Nova Scotia is pleased to announce, and congratulate, its newest Honorary Life Member and the recipients of its 2011 Excellence in Nursing Awards ...



Evelyn Schaller, MN
Former CNO and VP
Patient Services, Cape
Breton Regional District
Health Authority
Honorary Life Member



Heidi Carr, MAEd, RN
National Director Practice
Education, VON Canada
(Halifax), *Excellence in
Nursing – Education*



Patricia Bilski, MN, RN
Clinical Nurse Specialist,
QEII Health Sciences Centre,
*Excellence in Nursing –
Clinical Practice*



Patricia Hawley, PhD, RN
Associate Professor, St.
Francis Xavier University
School of Nursing,
*Excellence in Nursing –
Education*



Sohani Welcher, MN, RN
Nurse Practitioner, QEII
Health Sciences Centre,
*Excellence in Nursing –
Clinical Practice*



Corrine McIsaac, MEd, RN
Nursing Professor, Cape
Breton University School
of Nursing,
*Excellence in
Nursing – Research*

Detailed profiles of award recipients available at www.crnns.ca.



In its regulatory role, the College sets the standards for registered nurses' education and practice, issues nursing licences, supports registered nurses' continuing competence, and intervenes when standards for nursing practice are not met. To learn more about the College, contact us by phone at 491.9744 (1.800.565.9744 in NS); e-mail info@crnns.ca; or visit our website at www.crnns.ca. The College is a recipient of one of Canada's top recognition programs for organizational excellence — the National Quality Institute's *Canada Awards for Excellence*.

Nurse takes 'sexpertise' on road

- Nova Scotia woman wins award for her work with women in rural community who have no access to female doctor for sexual health issues
- Provides women with access to checkups, exams and information



JON TATTRIE
LIFE@METRONEWS.CA

Debbie Dicks has had many amazing moments in her 35-year nursing career, but one of the most unusual was when the Nova Scotia woman found herself the punch line of a Jay Leno joke last year.

The curious distinction came when the American talk show host was unable to resist the combination of the nurse practitioner's last name and her winning of a provincial "sexcellence" award last year.

"It was pretty good," Dicks laughs.

Dicks won the award from the Nova Scotia Association of Sexual Health Centre for her work as a

nurse practitioner in Sheet Harbour, a rural community outside of Halifax.

Until Dicks started visiting seven years ago, women in the community had only two male physicians to go to for pap smears, breast exams and sexual health issues.

Many women weren't comfortable with that, Dicks says, so she started visiting once or twice a year for a 12-hour day, seeing 150 women.

That packed schedule has evolved into regular monthly visits where she sees about 20 women.

"Women come to see me for a variety of reasons, mostly for their annual checkups, for their pap smears and breast exams, but also for issues around

sexuality, contraception and menopause," she says.

Dicks balances that work with her primary responsibilities as a nurse practitioner in a Middle Musquodoboit medical practice.

A nurse practitioner is positioned between a registered nurse and a doctor. NPs can diagnose patients, identify a disease or disorder and tell that patient about it. An NP can also perform minor surgeries such as a knee injection for arthritis patients, toenail removal, removing lumps or lesions.

An NP can also start a patient's medication plan, order most drugs and refer them to specialists.

"It's a broader role," Dicks says. "I see people

from birth to death. It's a fairly autonomous role. Most days, I don't need to bring the doctor in for anything."

Nurses can become nurse practitioners with a two-year masters/NP training program.

Dicks was drawn to nursing after a childhood car accident. "I watched the nurses and I saw how they helped people. I thought that would be a really neat thing to do," she says.

The job lived up to expectations and opened up a fulfilling, wide-ranging career, Dicks says. "There are a lot of nurses that are approaching retirement age," she notes. "There are definitely opportunities for young people."



► Debbie Dicks, centre, at the awards ceremony with Vicki Rutledge, left, director of the Sexual Health Centre, and Stephen Streach, councillor at Musquodoboit Valley.

20
11

NATIONAL NURSING WEEK



With significantly expanded training and skills, Licensed Practical Nurses (LPNs) and Continuing Care Assistants (CCAs) bring professionalism and compassion to their vital roles in patient and resident care.

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As we mark **National Nursing Week 2011, May 9-15**, we acknowledge the hard work and dedication of the thousands of women and men who do this important work here in Nova Scotia.

A message from CUPE Nova Scotia **CUPE**

National Nursing Week is an opportunity to pay tribute to Canada's nurses for their dedication to patient care and to advancing the health system.

Health Association Nova Scotia proudly recognizes National Nursing Week and the contributions nurses make to the health system and to improving the health and well-being of Canadians.

Health Association Nova Scotia is a non-profit, non-government, membership-driven association of health and community services organizations spanning the entire health continuum in Nova Scotia. We promote a high-performing, sustainable health system by providing our members with quality, cost-effective and value-added programs and services; shared solutions; and support.



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LEADERSHIP. SERVICES. SUPPORT.

Inside a student internship at Sick Kids

► After her interning experience, Jacqueline McQuaig offers some tips that helped her learn and stay focused



ERIN
MACFARLANE
FOR TALENTEGG.CA

For her placement in January, fourth-year Queen's University nursing student Jacqueline McQuaig worked as a student nurse with patients on the multi-organ transplant unit at The Hospital for Sick Children in Toronto.

She secured the much-coveted position by working closely with her course co-ordinator at Queen's and ensuring that her application emphasized her extensive volunteer work, professional experience and personal interests.

"I've always wanted to work at Sick Kids because it's a global leader in the field of pediatric research, education and care," says McQuaig.

"Staff members truly understand the importance of integrating families as valued partners in children's care."

She was paired up with a registered nurse in her unit who acted as her instructor. They shared the same schedule and patients, with 12-hour shifts assigned on days, nights, weekdays or weekends. Sick Kids' nurses are able to create their own work schedules.

Although she couldn't have been happier with her placement, McQuaig admits that she didn't always have her heart set on nursing. "My own life journey

was changed forever when I lost my beloved dad to colon cancer in 2006, just as I was entering my first year at Queen's University. Having experienced the care and compassion of a medical team during his illness, I decided to switch to the nursing program so that I could dedicate my life to helping others, too."

At the hospital, she worked with children ranging in age from one month to 17 years. The multi-organ transplant unit is generally comprised of patients who are suffering from very complex health problems. "My role was to provide holistic, family-centred nursing care to patients. This involves not only caring for the children's physical needs, but their emotional needs as well as those of their family members," she says.

The position sounds challenging, but McQuaig was more than qualified. She has volunteered as a camp counsellor for a non-profit organization, Camp Cucumber, for the past eight summers. She credits this experience as one that helped her realize her passion for working with kids.

However, she's the first to say that nursing critically ill children is not always an easy task. "Although I feel overwhelmed at times, I'm fortunate enough to have a very supportive team that is keen to educate and support me throughout the

learning process."

According to McQuaig, the most rewarding part of being a nursing student at Sick Kids was "having the privilege of working with an excellent team while making a difference in the

lives of sick children."

When asked about the most challenging part of her job, she says, "it's a combination of adjusting to shift work, learning new procedures and managing your emotions when you're

working with kids who have serious health complications."

For nursing students seeking internship advice, McQuaig recommends that you "get enough rest, eat properly and incorporate

exercise into your daily routine." She makes sure to ask questions at every opportunity and learn from her mistakes.

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National Nursing Week

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► Jacqueline MacQuaig

"I consider myself truly lucky to have found my passion in a field full of heroes. From the talent and committed staff at Sick Kids to the patients and their families, I was inspired everyday by their faith, hope and courage."

JACQUELINE MACQUAIG

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metronews.ca
MONDAY, MAY 9, 2011



► There are many registered and practical nurses who've received their initial training outside Canada. CARE was launched in 2001 to help them get accredited to work in this country.

This organization CAREs for nurses

► Agency helps foreign-trained nurses qualify to work in Ontario

All that Lia Musetti wanted was to be a Registered Nurse in Ontario. But she was convinced it would never, ever happen.

The 49-year-old RN from Sao Paulo, Brazil immigrated to Toronto in 1996 and, on at least three occasions, ordered a package from the College of Nurses of Ontario about how to upgrade her education. Every time, she would look at the pile of papers and shake her head dismally.

"It seemed hard, almost impossible."

Then in 2004, Musetti decided she had to get back into nursing and signed up for a two-year Registered Practical Nursing program at George Brown College.

But after two years of practising, she realized her heart wasn't in it — she wanted to be an RN. She mustered the courage and finally started the process to get her license in Ontario.

It wasn't easy: the College of Nurses wanted her to take 17 credits. Musetti was on the verge of giving up on her dream forever when she heard about the Creating Access to Regulated Employment, better

1,000

CARE has helped more than 1,000 internationally educated nurses, representing more than 140 countries. Zubeida Ramji, executive director of the organization, says many are from Philippines, India, China and Iran.

known by its acronym CARE.

In the end, she took three credits and was helped with exam preparation.

Within months, she had cleared all her exams and now works for St. Elizabeth Healthcare as a community nurse.

"I love it and I couldn't have done it without CARE," she says.

Almost 10 per cent of the province's registered nurses and practical nurses received their initial training outside Canada. CARE was launched in 2001 to help them get accredited to work here.

Initially funded through a grant from the Ministry of Training, Colleges and

Universities, it now receives money from Citizenship and Immigration Canada.

"CARE provides support to international nurses who immigrate to Ontario and want to pursue the profession," explains Zubeida Ramji, executive director of the organization.

Most have a lot of experience but they have to go through a regulatory process and meet requirements of the College of Nurses.

"CARE helps navigate the system so that these internationally educated nurses have greater chances of becoming successful in a reasonable period of time," says Ramji.

The amount of time it takes the nurses to get licensed in Ontario depends on their nursing education and experience.

"CARE doesn't have any control over that," says Ramji.

The college does the assessment and tells them what they need to do.

Some complete the process in as few as four months, but most take about 18 to 20 months.

TORSTAR NEWS SERVICE

Team. Trials



► Madeline Schmidt had to deal with her competition and a near collision with a duck at the Canadian sprint canoe-kayak national team trials yesterday.

RYAN TAPLIN/METRO

Athletes prepare for World Cup events

Madeline Schmidt ended up in sixth place at the junior women K-1 200-metre final at the Canadian sprint canoe-kayak national team trials on Lake Banook yesterday. The trials featured a number of Olympians and will partially determine which athletes will compete at World Cup events in the Czech Republic and Germany later this spring.

Former QMJHL player sets sights on CFL

► Lineman taken in final round of draft after switching to football one year ago ► Impressed at evaluation camp



MATTHEW WUEST
@METRONEWS.CA

Just a year after taking up football, Chris Hodgson has taken a big step toward becoming a CFL player.

The Saint Mary's Huskies defensive lineman was drafted in the sixth and final round of the CFL draft yesterday, selected 42nd overall by the B.C. Lions.

Hodgson, a 26-year-old former Quebec Major Junior Hockey League player, decided last summer to play football on little more than a whim.

"It was nerve-racking, but it was fun," said Hodgson of waiting until the final six picks. "It couldn't have worked out any better in the end, getting drafted, after the crazy last year I've had."

The six-foot-three 260-pounder from Fredericton,



► First-overall pick Henocho Muamba

N.B., didn't start a game last season but asserted himself as a draft prospect with tremendous test results at the CFL's evaluation camp in March.

Hodgson said he is ready to put in extra hours after practice to learn the finer points of the sport.

"If I can go in there, make an impact on special teams, that will get me on the field, and that's all I'm looking for right now, to develop wherever they play me," Hodgson said. "It's going to be fun, exciting ... It's



"The thing that's going to be huge for me is to put in that extra hour after practices to get better. That way, a couple months down the road, all of a sudden my learning curve will spike."

CHRIS HODGSON

going to be an adventure."

Hodgson was the lone member of the Huskies drafted. St. Francis Xavier X-Men linebacker Henocho Muamba went first overall to the Winnipeg Blue Bombers.



► New Mooseheads head coach Dominique Ducharme speaks at a press conference announcing his hiring on Friday.

RYAN TAPLIN/METRO

'LOSING IS NOT ACCEPTABLE'

The Halifax Mooseheads announced Dominique Ducharme as their newest head coach on Friday. Following are quotes from Ducharme, owner Bobby Smith and general manager Cam Russell from a press conference announcing the hiring.

Ducharme on his coaching style:

"I'm a guy who has passion for the game. I'm structured. I like to have our team being involved, being aggressive, on the puck, pressuring the puck. Offensively, I want everyone involved. I like to have 20 guys in the line-up ready to make a difference and be involved and using their strengths to make our team better."

Ducharme on how to turn the Mooseheads into a winner:

"This team has been rebuilding for the last three years, and on the attitude side we have to be ready to compete every day. Losing is not acceptable."

Smith on whether Ducharme will implement

a trap:

"We're going to want to get out there and play fun, high-tempo hockey and that seems to be Dominique's style. Confident and aggressive. It's going to be fun."

Russell on why the Mooseheads hired Ducharme:

"He's a coach who has had success at every level he's coached at and that's paramount for our organization. He brings with him tremendous work ethic and a great attitude. I think he'll get along great with the players, but at the same time he'll be able to get the most out of them."

Ducharme on what his players can expect:

"They're going to be having fun when they start tasting winning and winning on a regular basis. It's going to snowball. It starts by every day, taking one day at a time, one workout at a time, one practice at a time, one video session at a time. They have to be ready to work. But in the end, it's going to pay off."

● MATTHEW WUEST

4 sports

More sports



"We almost came back, but they played a sound game and a tight defensive game and we just weren't up for it. They took it to us physically and we didn't match it."

COLE HARBOUR'S STEPHEN MACAULAY, AFTER HIS SAINT JOHN SEA DOGS LOST 3-2 TO THE VISITING GATINEAU OLYMPIQUES IN THE QMJHL FINAL ON SATURDAY. THE BEST-OF-SEVEN SERIES IS TIED 1-1, WITH GAME 3 SET FOR TONIGHT AT 8:30 P.M. IN GATINEAU.



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EZRA SHAW/GETTY IMAGES



► Todd Bertuzzi and Henrik Zetterberg celebrate after they beat the San Jose Sharks yesterday.

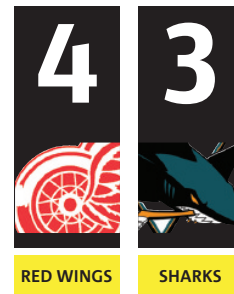
Red Wings rally to stay alive

► Detroit nets three goals in the third period to beat Sharks

Tomas Holmstrom broke a tie with 6:08 remaining, and the Detroit Red Wings had three third-period goals to avoid elimination with a 4-3 victory over the San Jose Sharks yesterday.

Danny Cleary and Jonathan Ericsson also scored in the final period to send the series back to Detroit for Game 6 tomorrow night. After winning the first three games, San Jose is clinging to a 3-2 lead in the best-of-seven series.

Logan Couture, Joe Pavelski and Devin Setoguchi scored to help the Sharks take a 3-1 lead early in the third period. Then the Red Wings scored two quick goals before Holm-



strom redirected the winner past Antti Niemi.

Niklas Kronwall also scored, and Jimmy Howard made 39 saves for Detroit.

The Red Wings took a huge step toward adding to their already storied history.

Only three NHL teams

have overcome 3-0 deficits to win a best-of-seven series.

The 2010 Philadelphia Flyers, 1942 Toronto Maple Leafs and 1975 New York Islanders are the only teams to win a series after losing the first three games. With Chicago winning three straight to force a Game 7 against Vancouver in the opening round, there's plenty of recent precedent that Detroit can push San Jose to the brink.

The Red Wings already have overcome a repeat of last season, when they went down 3-0 to the Sharks — just like this year — before being eliminated in Game 5 at San Jose. **THE ASSOCIATED PRESS**

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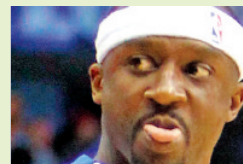
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News in brief



Mavericks sweep Lakers

NBA. Jason Terry tied an NBA playoff record with nine three-pointers and the Dallas Mavericks matched another post-season mark with 20 threes, powering them to a 122-86 victory over the Lakers yesterday and a sweep of their second-round series.

The victory puts the Mavs in the Western Conference finals, ends the latest Lakers dynasty and sends their coach Phil Jackson into retirement.

THE ASSOCIATED PRESS

Djokovic wins Madrid Open

TENNIS. Novak Djokovic earned his third straight final victory over top-

ranked Rafael Nadal with a 7-5, 6-4 win at the Madrid Open yesterday that stretched his unbeaten start to the season to 32 matches.

THE ASSOCIATED PRESS

Man U closing in on 19th title

SOCCER. Javier Hernandez netted the 19th goal of a sparkling debut season at Manchester United in a 2-1 victory over Chelsea yesterday that put his team a point away from a record 19th English title.

THE ASSOCIATED PRESS

New opponent for Grant fight

UFC. Cole Harbour mixed-martial artist T.J. Grant has a new opponent for his June 26 UFC fight in Pittsburgh. Charlie (The Spaniard) Brenneman, a Pennsylvania native who fights out of New Jersey, is replacing the injured Matt Riddle on the televised card.

Grant, a welterweight, has six career UFC fights and is 3-3. He lost his last bout to Ricardo Almeida at UFC 124 on Dec. 11.

THE CANADIAN PRESS/METRO

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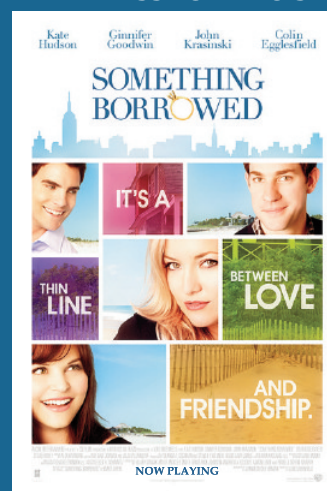


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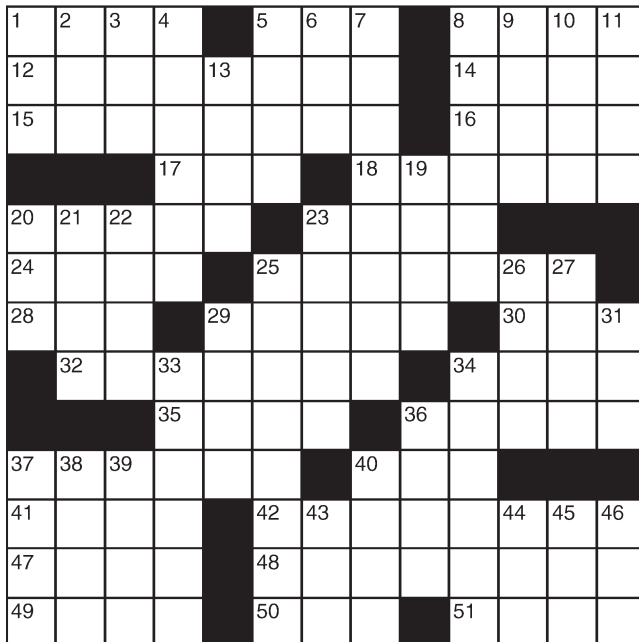
Crossword

Across

- 1 "You've got —"
5 Japanese sash
8 Remain undecided
12 Car starter
14 Lotion additive
15 Round Table VIP
16 "Bye"
17 Dinner for Dobbin
18 Had coming
20 Tashkent native
23 Threesome
24 Carriage
25 Kids' baseball site
28 Sch. org.
29 — ski
30 Cistern
32 Rorschach picture
34 One of the Gospels
35 Settled down
36 U.S. voters since 1920
37 Rue
40 Droop
41 Eye layer
42 Multi-linguistic person
47 Transmitted
48 Gradual destructions
49 Genealogy chart
50 Penny profile
51 Sheltered

Down

- 1 Wire measure
2 — Khan
3 Hostel
4 Reindeer moss, e.g.
5 Unctuous
6 Halloween shout
7 Wi-Fi hookup
8 Walk a beat, maybe
9 Verve

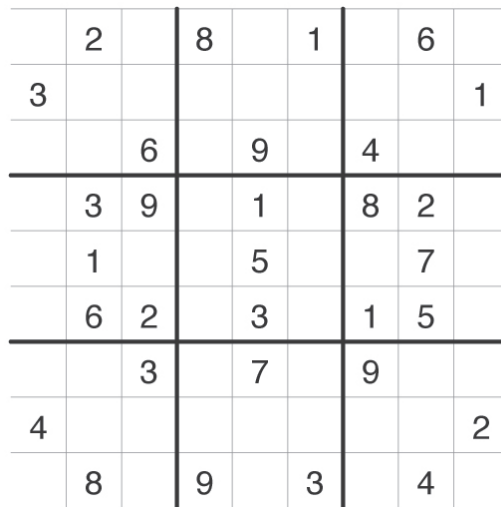


- 10 Memorandum
11 Out of play
13 Ship-building wood
19 Helps
20 Diamond arbiter
21 Tubular pasta
22 Pinto or lima
23 Fortune-telling deck
25 Green soup variety
26 Egg
27 Obtain
29 Competent
31 Midmorning hour
33 Chopping spree?
34 Actor Robert from "Big
36 Methods
37 Oxidation
38 Always
39 Kelly or Hackman
40 — gin fizz
43 Sphere
44 Chatroom chuckle
45 Inseparable
46 Mao — tung

► Yesterday's answer



Sudoku

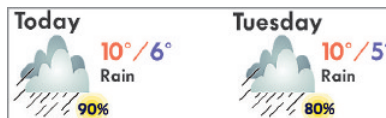


How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

1	2	8	9	4	5	6	3	7
3	5	4	8	7	6	1	2	9
6	7	9	2	3	1	4	8	5
7	4	2	6	5	8	9	1	3
5	1	6	4	9	3	8	7	2
8	9	3	7	1	2	5	4	6
9	8	1	3	6	7	2	5	4
4	3	5	1	2	9	7	6	8
2	6	7	5	8	4	3	9	1

Yesterday's answer ►



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Today's horoscope

♈ Aries March 21-April 20 Go wherever you want to go and do whatever you want to do.
♉ Taurus April 21-May 21 Surrender yourself to the powers of the universe and don't worry about where you might end up.
♊ Gemini May 22-June 21 Don't be suspicious of people you don't get along with are now acting friendly.
♋ Cancer June 22-July 22 Whatever you ask of your employer they will do their best to deliver, so ask away.

♌ Leo July 23-Aug. 23 If you are making plans for your next vacation don't let a lack of cash hold you back.
♍ Virgo Aug. 24-Sept. 22 Your feelings for a certain person are deeper than they or anyone else seems to realize.
♎ Libra Sept. 23-Oct. 23 You can expect some heart-warming developments on the relationship front.
♏ Scorpio Oct. 24-Nov. 22 Be intense, but be adaptable too.
♐ Sagittarius Nov. 23-Dec. 21

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Everything will go right for you today.
♑ Capricorn Dec. 22-Jan. 20 Make it your business to say nice things to everyone you meet today.
♒ Aquarius Jan. 21-Feb. 18 Friends and loved ones will rally round and together you'll get the week off to an almost perfect start.
♓ Pisces Feb. 19-March 20. Some things are best kept in the dark.

● SALLY BROMPTON

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